



# Spring Chicken & Roasted Potato Tray Bake

with Asparagus, Greek Style Cheese and Rosemary

**Lunch** 35-45 Minutes • 2 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Lemon



Rosemary



Garlic Clove



Asparagus



Chicken Breasts



Salad Potatoes



Peas



Greek Style Salad Cheese

**Pantry Items**

Olive Oil, Salt, Pepper, Oil, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Fine grater, garlic press, bowl and baking tray.

## Ingredients

Ingredients	Quantity
Lemon**	1
Rosemary**	1 bunch
Garlic Clove**	2
Asparagus**	150g
Chicken Breasts**	2
Salad Potatoes**	350g
Peas**	120g
Greek Style Salad Cheese** 7)	50g

Pantry	Quantity
Olive Oil*	2 tbsp
Mayonnaise*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	2651/634	453/108
Fat (g)	27.5	4.7
Sat. Fat (g)	6.6	1.1
Carbohydrate (g)	49.7	8.5
Sugars (g)	9.0	1.5
Protein (g)	52.4	9.0
Salt (g)	1.94	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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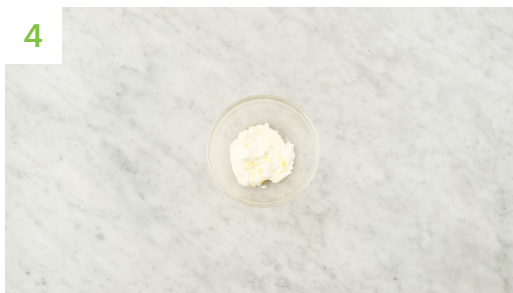
## Get Prepped

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7.

**b)** Zest and quarter the **lemon**. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks).

**c)** Peel and grate the **garlic** (or use a garlic press). Halve the **asparagus** widthways.

**d)** In a medium bowl, combine the **rosemary, garlic, asparagus, chicken breasts, half the lemon zest** and the **olive oil** (see pantry for amount). Season with **salt and pepper**. Stir to fully coat the **chicken** and **asparagus**, then set aside for now. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*



## Bring on the Zesty Mayo

**a)** Meanwhile, in a small bowl, combine the remaining **lemon zest** and the **mayo** (see pantry for amount).



## Make the Tray Bake

**a)** Chop the **salad potatoes** into 2cm chunks (no need to peel).

**b)** Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** *Use two baking trays if necessary.*

**c)** Place the **chicken** onto the tray, beside the **potatoes**. Leave the **asparagus** in the bowl for now.

**d)** When the oven is hot, roast on the top shelf until the **potatoes** are golden and the **chicken** is browned and cooked through, 25-30 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Peas, Please

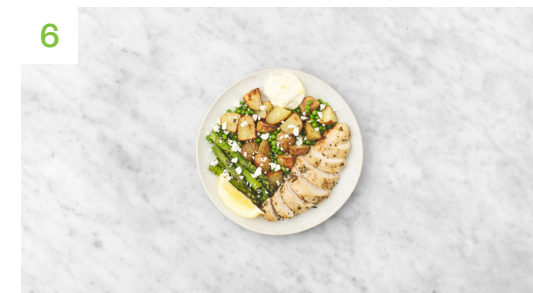
**a)** Once everything is cooked, remove the tray bake from the oven. Add the **peas** to the tray and mix to combine.



## Add the Asparagus

**a)** When the **chicken** and **potatoes** have 10-12 mins remaining in the oven, remove them from the oven and turn in the **oil**. Make a space in the centre of your tray and carefully place the **dressed asparagus** onto the tray.

**b)** Place the **chicken** over the top of the **asparagus**, then pop the tray back into the oven until the **asparagus** is tender.



## Finish and Serve

**a)** Divide the **spring chicken traybake** between 2 serving plates.

**b)** Crumble over the **Greek style cheese**.

**c)** Serve with the **lemon zest mayo** on the side and **lemon wedges** for squeezing over.

Enjoy!